

# Breathe

Leo Babauta

**B**reathe.

Breathing can transform your life.

If you feel stressed out and overwhelmed, breathe. It will calm you and release the tensions.

If you are worried about something coming up, or caught up in something that already happened, breathe. It will bring you back to the present.

If you are discouraged and have forgotten your purpose in life, breathe. It will remind you about how precious life is, and that each breath in this life is a gift you need to appreciate. Make the most of this gift.

If you have too many tasks to do, or are scattered during your workday, breathe. It will help bring you into focus, to concentrate on the most important task you need to be focusing on right now.



If you are spending time with someone you love, breathe. It will allow you to be present with that person, rather than thinking about work or other things you need to do.

If you are exercising, breathe. It will help you enjoy the exercise, and therefore stick with it for longer.

If you are moving too fast, breathe. It will remind you to slow down, and enjoy life more.

So breathe. And enjoy each moment of this life. They're too fleeting and few to waste. €

Leo Babauta is a simplicity blogger and author. He created Zen Habits, a Top 25 blog (according to TIME magazine) with 260,000 subscribers, mnmlist.com, and the best-selling books focus, The Power of Less, and Zen To Done. Babauta is a former journalist of 18 years, a husband, father of six children, and in 2010 moved from Guam to San Francisco, where he leads a simple life. [www.ZenHabits.com](http://www.ZenHabits.com)